

# GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.



## CDC helps patients and their families *Get Ahead of Sepsis*

Each year in the U.S., at least 1.7 million people develop sepsis, and nearly 270,000 Americans die as a result. CDC's [Get Ahead of Sepsis](https://www.cdc.gov/sepsis) educational effort encourages patients and caregivers to prevent infections that lead to sepsis and seek immediate medical care if they suspect sepsis.

Sepsis is the body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly cause tissue damage, organ failure, and death.

Anyone can get an infection, and almost any infection can lead to sepsis. Some people are at higher risk of infection and sepsis: adults 65 or older; people with chronic conditions such as diabetes, lung disease, cancer, and kidney disease; people with weakened immune systems; and children younger than one.

CDC's *Get Ahead of Sepsis* encourages patients and families to:

- Talk to their doctor or nurse about steps they can take to prevent infections. Some steps include taking good care of chronic conditions and getting recommended vaccines.
- Practice good hygiene, such as handwashing, and keep cuts clean and covered until healed.
- Know the signs and symptoms of sepsis.
- ACT FAST. Get medical care IMMEDIATELY if they suspect sepsis or have an infection that's not getting better or is getting worse.

To support patients, caregivers, and healthcare professionals, CDC provides educational materials and resources, including fact sheets, brochures, infographics, an educational video called "Four Ways to Get Ahead of Sepsis", and a public service announcement at: [www.cdc.gov/sepsis](https://www.cdc.gov/sepsis).

